

# Criteria for Determining Acceptable Grains SY 2012-13

The new meal pattern requires a daily and a weekly requirement for the grain component for each grade grouping (K-5, 6-8, and 9-12). Of the weekly total grain component requirement for lunch, up to two (2.0) oz eq grains per week may be in the form of a grain-based dessert.

***A serving of a grain is defined as an “Ounce Equivalent” or “oz eq”.***

## What Counts as an Ounce Equivalent (oz eq) for a Grain?

A food item must meet the **oz equivalent** (oz eq) requirement for the grain component as defined by **Exhibit A: School Lunch and Breakfast Ounce Equivalency Chart** on pages 4-5 of this handout.

This chart defines the amount for **an ounce equivalent (and 3/4, 1/2, 1/4 oz eq)** for similar grains in a section. Grains are grouped in A-I groupings. This chart lists foods such as breads, rolls, breading, cakes, cookies, desserts, granola/cereal bars, rice, noodles, hot and cold cereals.

**One quarter (1/4) of an oz eq is the smallest amount allowable to be credited toward the quantities of grains.** For example, if the minimum daily requirement for grains is 1 oz eq, this minimum can be met by offering multiple food items, for example, 0.5 oz eq of one grain item and 0.5 oz eq of another grain item.

### ***Exception to the Oz Eq rules for SY 2012-13***

*Battered and/or breaded products offered will not need to be counted toward the maximum weekly grain requirements in the meal pattern until SY 2013-14.*

## What is the Whole Grain-Rich Requirement for the School Meals Program?

As required by the New School Lunch Meal Standards, one half of grains offered in the lunch and breakfast meal programs need to come from a whole-grain rich source.

However, this requirement to offer whole grain-rich products will be phased in for the school meal programs over the next two school years:

### **2012-13 School Year:**

Lunch Meal: **Half** of the grains offered during the school week must meet the whole grain-rich criteria.

### **2013-14 School Year:**

Breakfast Meal: **Half** of the grains offered during the school week must meet the whole grain-rich criteria.

### **2014-2015 School Year:**

Breakfast and Lunch Meals: **All** grains served during the school week must meet the whole grain-rich criteria.

## What Counts as Whole Grain-Rich in the New School Meal Pattern?

Foods that qualify as whole grain-rich for the school meal programs are:

- Foods that contain 100% whole grain or
- Whole grain-rich products must contain at least 50% whole-grains and the remaining grain, if any, must be from enriched grains.

## How do I identify whole grain-rich items?

A grain meets the whole grain-rich criteria if :

1. It has a whole grain stamp: **OR**



2. The product includes the following Food and Drug Administration (FDA) – approved whole grain health claim on its packaging “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and some cancers” **OR**
3. The product ingredient declaration lists whole grains first, specifically:



**Non-mixed dishes** (e.g., breads, cereals): whole grains must be the primary ingredient by weight (a whole grain is the first ingredient in the list with an exception for water).

Flour blends (ones that contain one or more flours; i.e. whole wheat flour and enriched wheat flour) may count. These products could meet the whole grain-rich criteria with proper manufacturer documentation stating that at least 50% of the grain is whole-grain.

**Ingredients:** WHOLE WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, YEAST, RAISIN JUICE CONCENTRATE, WHEAT BRAN, MOLASSES, SOYBEAN OIL, SALT, MONOGLYCERIDES, CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM SULFATE, DATEM, GRAIN VINEGAR, CITRIC ACID, SOY LECITHIN, WHEY, NONFAT MILK.

LEARN WHAT THESE NUTRITION FACTS MEAN TO YOU.

Amount/Serving		%DV	Amount/Serving		%DV
Total Fat	1g	2%	Total Carbohydrate	19g	6%
Saturated Fat	0g	0%	Dietary Fiber	2g	6%
Trans Fat	0g		Sugars	3g	
Polyunsaturated Fat	0g		Protein	4g	
Monounsaturated Fat	0g				
Cholesterol	0mg	0%			
Sodium	135mg	6%			

Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower based on your calorie needs.

Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 6% • Thiamin 4%  
Riboflavin 2% • Niacin 6% • Folic Acid 2%

**Mixed dishes** (e.g., pizza, corn dogs): whole grains must be the primary grain ingredient by weight (a whole grain is the first grain ingredient in the list of grains).

**Batter Ingredients:** Water, whole wheat flour, whole grain corn, sugar, leavening (sodium acid pyrophosphate, sodium bicarbonate), soy flour, soybean oil, salt, egg yolk with sodium silicoaluminate, ascorbic acid, egg white, dried honey, artificial flavor. Fried in vegetable oil.  
**Chicken Frankfurter Ingredients:** Mechanically separated chicken, water, corn syrup solids, contains less than 2% of salt, spices, potassium lactate, sodium lactate, sodium phosphate, flavorings, sodium erythorbate, sodium diacetate, sodium nitrite.

For foods prepared by the school food service, the recipe is used as the basis for a calculation to determine whether the total weight of whole grain ingredients exceed the total weight of non-whole grain ingredients.

<b>Recipe: 002263 WHOLE GRAIN Bread Stick-ELEM</b>	
Recipe Source:	
Recipe Group: GRAINS & BREADS	
Alternate Recipe Name:	
Number of Portions: 300	
Size of Portion: 1OZ	
050401 FLOUR, WHOLE WHEAT.....	5 LB + 4 OZ
050395 FLOUR, ALL PURPOSE, ENRICHED, WHITE, UNBLEACH.....	4 LB + 12 OZ
075151 WATER, HOT.....	3 QT + 1 1/2 CUP
990063 MARGARINE, COMMODITY PROCESSED VALUED.....	3 CUP
000054 MILK, NONFAT DRY, POWDER (INSTANT).....	2 CUP
000952 YEAST, Active Dry.....	1 CUP
075090 SUGAR, GRANULATED.....	2 CUP + 3/4 CUP
085630 SALT.....	1/4 CUP
075015 GARLIC POWDER.....	2 TBSP
901095 ITALIAN SEASONING.....	1 TBSP
990063 MARGARINE, COMMODITY PROCESSED VALUED.....	3 TBSP
115860 CHEESE, PARMESAN, GRATED.....	3 TBSP

When the whole grain content comes from multiple ingredients, the combined whole grain ingredients may be the primary ingredient by weight even though a whole grain is not listed as the first ingredient. These products could meet the whole grain-rich criteria with proper manufacturer documentation.

For example, a bread item may be made with three grain ingredients: enriched wheat flour (40% of grain), whole wheat (30% of grain), and whole oats (30% of grain). The foodservice manager, with the assistance of manufacturers, could determine that whole grains were the primary ingredient by weight since the combined 60% whole grain ingredients are greater than the enriched wheat flour at 40% although the enriched flour may be listed first in the ingredient declaration.

**Ready-to-eat (RTE) breakfast cereals** must list a whole grain as the primary ingredient and the RTE cereal must be fortified. Bran and germ are not creditable in school meal programs and therefore cannot be listed first on the label count as a whole grain-rich product.

### **What are Common Whole Grains to look for on the Label?**

There are a variety of whole grains to select from when planning menus.

**For a ready tool, use Exhibit B –List of Common Whole Grains on page 6.**

### **How to Use CN Labels in Verifying Whole-Grain Rich Products:**

If the term “**oz eq grains**” is on the CN label, this term verifies that the product meets the whole-grain rich criteria. If the terms “**bread**” or “**bread alternate**” is on the CN label, these terms do not verify that the products meet the whole grain-rich criteria for the new meal pattern (these terms were used to verify grains in the old meal pattern).

Please refer to the CN Labeling Program website for details regarding qualifying products at: the following web site :[www.fns.usda.gov/cnd/cnlabeling/](http://www.fns.usda.gov/cnd/cnlabeling/)

### **Allowable Use of Formulated Grain Fruit Products**

Starting in SY 2012-213, formulated grain-fruit products will no longer be allowed to satisfy both the grain and fruit component for the School Breakfast Program.

They can be only counted toward the grain component for the breakfast meal.

Formulated grain-fruit products are individually wrapped and bear a label conforming to the following legend: “*This product conforms to U.S.D.A. Child Nutrition Programs specifications. For breakfast, it meets the requirements for fruit/vegetable juice and one bread/bread alternate.*” If the product does not bear this legend, it is not a formulated grain-fruit product.

Formulated grain-fruit products should not be confused with products that contain grain and fruit. The grain-fruit bar products listed in **Exhibit A, under GROUP E (found on page 5)** may be served for breakfast or lunch meals.

# EXHIBIT A: SCHOOL LUNCH AND BREAKFAST

## WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS<sup>1, 2</sup>

GROUP A	OZ EQ FOR GROUP A
Bread type coating	1 oz eq = 22 gm or 0.8 oz
Bread sticks (hard)	3/4 oz eq = 17 gm or 0.6 oz
Chow mein noodles	1/2 oz eq = 11 gm or 0.4 oz
Savory Crackers (saltines and snack crackers)	1/4 oz eq = 6 gm or 0.2 oz
Croutons	
Pretzels (hard)	
GROUP B	OZ EQ FOR GROUP B
Bagels	1 oz eq = 28 gm or 1.0 oz
Batter type coating	3/4 oz eq = 21 gm or 0.75 oz
Biscuits	1/2 oz eq = 14 gm or 0.5 oz
Breads (sliced whole wheat, French, Italian)	1/4 oz eq = 7 gm or 0.25 oz
Buns (hamburger and hot dog)	
Sweet Crackers <sup>4</sup> (graham crackers - all shapes, animal crackers)	
Egg roll skins	
English muffins	
Pita bread (whole wheat or whole grain-rich)	
Pizza crust	
Pretzels (soft)	
Rolls (whole wheat or whole grain-rich)	
Tortillas (whole wheat or whole corn)	
Tortilla chips (whole wheat or whole corn)	
Taco shells (whole wheat or whole corn)	
GROUP C	OZ EQ FOR GROUP C
Cookies <sup>3</sup> (plain - includes vanilla wafers)	1 oz eq = 34 gm or 1.2 oz
Cornbread	3/4 oz eq = 26 gm or 0.9 oz
Corn muffins	1/2 oz eq = 17 gm or 0.6 oz
Croissants	1/4 oz eq = 9 gm or 0.3 oz
Pancakes	
Pie crust (dessert pies <sup>3</sup> , cobbler <sup>3</sup> , fruit turnovers <sup>4</sup> , and meat/meat alternate pies)	
Waffles	

<sup>1</sup> The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

<sup>2</sup> Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>3</sup> Allowed only as dessert at lunch as specified in §210.10.

<sup>4</sup> Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

<b>GROUP D</b>	<b>OZ EQ FOR GROUP D</b>
Doughnuts <sup>4</sup> (cake and yeast raised, unfrosted)	1 oz eq = 55 gm or 2.0 oz
Cereal bars, breakfast bars, granola bars <sup>4</sup> (plain)	3/4 oz eq = 42 gm or 1.5 oz
Muffins (all, except corn)	1/2 oz eq = 28 gm or 1.0 oz
Sweet roll <sup>4</sup> (unfrosted)	1/4 oz eq = 14 gm or 0.5 oz
Toaster pastry <sup>4</sup> (unfrosted)	
<b>GROUP E</b>	<b>OZ EQ FOR GROUP E</b>
Cereal bars, breakfast bars, granola bars <sup>4</sup> (with nuts, dried fruit, and/or chocolate pieces)	1 oz eq = 69 gm or 2.4 oz
Cookies <sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)	3/4 oz eq = 52 gm or 1.8 oz
Doughnuts <sup>4</sup> (cake and yeast raised, frosted or glazed)	1/2 oz eq = 35 gm or 1.2 oz
French toast	1/4 oz eq = 18 gm or 0.6 oz
Sweet rolls <sup>4</sup> (frosted)	
Toaster pastry <sup>4</sup> (frosted)	
<b>GROUP F</b>	<b>OZ EQ FOR GROUP F</b>
Cake <sup>3</sup> (plain, unfrosted)	1 oz eq = 82 gm or 2.9 oz
Coffee cake <sup>4</sup>	3/4 oz eq = 62 gm or 2.2 oz
	1/2 oz eq = 41 gm or 1.5 oz
	1/4 oz eq = 21 gm or 0.7 oz
<b>GROUP G</b>	<b>OZ EQ FOR GROUP G</b>
Brownies <sup>3</sup> (plain)	1 oz eq = 125 gm or 4.4 oz
Cake <sup>3</sup> (all varieties, frosted)	3/4 oz eq = 94 gm or 3.3 oz
	1/2 oz eq = 63 gm or 2.2 oz
	1/4 oz eq = 32 gm or 1.1 oz
<b>GROUP H</b>	<b>OZ EQ FOR GROUP H</b>
Cereal Grains (barley, quinoa, etc)	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
Breakfast cereals (cooked) <sup>5,6</sup>	
Bulgur or cracked wheat	
Macaroni (all shapes)	
Noodles (all varieties)	
Pasta (all shapes)	
Ravioli (noodle only)	
Rice (enriched white or brown)	
<b>GROUP I</b>	<b>OZ EQ FOR GROUP I</b>
Ready to eat breakfast cereal (cold, dry) <sup>5,6</sup>	1 oz eq = 1 cup or 1 ounce for flakes and rounds
	1 oz eq = 1.25 cups or 1 ounce for puffed cereal
	1 oz eq = 1/4 cup or 1 ounce for granola

<sup>5</sup> Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

<sup>6</sup> Cereals must be whole-grain, or whole grain and enriched or fortified cereal.

## Exhibit B: List of Common Whole Grains

### WHEAT (RED)

wheat berries  
whole grain wheat  
cracked wheat or crushed wheat  
whole wheat flour  
bromated whole wheat flour  
stone ground whole wheat flour  
toasted crushed whole wheat  
whole wheat pastry flour  
graham flour  
entire wheat flour  
whole durum flour  
whole durum wheat flour  
whole wheat flakes  
sprouted wheat  
sprouted wheat berries  
bulgur (cracked wheat)  
whole bulgur  
whole grain bulgur

### WHEAT (WHITE)

whole white wheat  
whole white wheat flour

### OATS

whole oats  
oat groats  
oatmeal or rolled oats  
whole oat flour

### BARLEY

whole barley  
whole grain barley  
whole barley flakes  
whole barley flour  
whole grain barley flour  
dehulled barley  
dehulled barley flour

### CORN

whole corn  
whole corn flour  
whole grain corn flour  
whole grain cornmeal  
whole cornmeal  
whole grain grits

### BROWN RICE

brown rice  
brown rice flour

### WILD RICE

wild rice  
wild rice flour

### RYE

whole rye  
rye berries  
whole rye flour  
whole rye flakes

**LESS COMMON GRAINS:** To be whole grains, “whole” must be listed before the grain name.

einkorn  
Kamut  
emmer (faro)  
teff  
triticale  
spelt

buckwheat  
amaranth  
sorghum (milo)  
millet  
quinoa